Environmental Leader Self-Certification Workbook



Lodging Businesses Under 20 rooms

Updated: February 2012

Maine's Environmental Leader Certification
Lodging Businesses



Become a certified Environmental Leader in the lodging sector and receive **free benefits**:

- Environmental Leader logo to display at your property and use for advertising (web site, literature, decals, etc.).
- A listing on the Maine Tourism Association and Maine Office of Tourism web sites and for members, a listing on the Maine Inn Keeper's Association website, all of which identify your business as Maine certified environmentally preferable.
- A listing on a brochure available at the Maine Visitor's Centers.
- Free on-going technical assistance from Maine Departmental of Environmental Protection on how to continue to reduce environmental impact while saving money.



How the program works:

 Complete the self-certification workbook by checking off all of the initiatives that your facility is currently undertaking. If you need assistance filling out the workbook, please call Maine DEP's Office of Assistance or Regional Office Director.

Maine DEP contact numbers:

Central Maine Regional Office (Office of Assistance): tel: 800-452-1942

Eastern Maine Regional Office: tel: 888-769-1137 Northern Maine Regional Office: tel: 888-769-1053 Southern Maine Regional Office: tel: 888-769-1036

Maine lodging businesses range from 1 room to 300 rooms, this workbook is designed to be a resource for businesses under 20 rooms. Please understand that not all of the items in the workbook are necessary; none of them are mandatory; the workbook is a comprehensive list of the many different ways to generate points. Employing all of the initiatives in this workbook is unrealistic, so please use the ones that you have not yet implemented as recommendations, no matter what size business you operate.

- 2. Calculate your estimated score by adding up all of the checked boxes (a minimum of 5 of the 10 categories must be used).
- 3. Send completed workbook to the DEP's Office of Assistance.

Environmental Leader Program
Office of Assistance
Maine Departmental of Environmental Protection
17 State House Station
Augusta, ME 04333-0017

4. Your workbook will be reviewed and receive a final score by the DEP's Office of Assistance.

You do not need to have 100 points to participate in this program. Free technical assistance is available from DEP's Office of Assistance to help any business achieve more points, regardless of point total. Low cost recommendations will be given to help businesses achieve more points.

If your business scores 100 points (with initiatives in a minimum of 5 of the 10 categories), your business qualifies for an automatic certification from the state for 2 years. In two years you will need to increase the point total to 130 points to be eligible for a free re-certification.

*****If your business scores less 100 points, contact DEP's Office of Assistance or Regional Director for free technical assistance and low cost recommendations for additional points.

- 5. Upon final scoring of the workbook, you will be sent an official letter detailing your point total and possible low cost recommendations. You will also receive an electronic Environmental Leader logo that you can begin using for marketing and advertising purposes.
- 6. The Office of Assistance will randomly select businesses for verification appointments through out the year. These visits will be scheduled and not "unannounced".

Self-Certification Workbook - under 20 rooms

(final score subject to finalization by Office of Assistance)

400+ total available points

Only 100 points necessary for automatic certification (initiatives must be in place in a minimum of 5 of the 10 categories)

Business name:		
Address:		ph crt tri lo
		as mt ml sc
		Boxes for DEP use only
Contact person:		
Phone number:		-
Number of rooms:	Email (for electronic logo)	
	ADMINISTRATIVE	
• ******Attac	an environmental policy. Samples are at back of the a copy of the written environmental policy. ***** te it is displayed to customers and communicated to	**
	mental team/ task force and meet at least quarterly meeting dates and attendees for past 3 meetings. **	
	signed by employees. Sample is at back of workboopy of document******	DOK Up to 10 Points
envelopes, invoice consumer recycled minimum of 10% p	ating and writing papers (e.g., letterhead, stationary es, business forms, etc.) that contain a minimum of content OR tree-free fiber content; coated paper cost-consumer recycled content OR tree-free fiber the description from packaging and brand******	f 30% post- shall contain a
✓ Computer disks ar • Method:	nd ink jet cartridges are recycled.	☐2 Points
		Page point total:

HOUSEKEEPING

- ✓ Use cleaners and detergents that are readily biodegradable and do not contain certain chemicals. Some of the chemicals to avoid that are commonly used are listed below, however this list is not the complete list and awarding of points is subject to theOffice of Assistance:
 - chlorine bleach
 - phosphates
 - ethylene diamine tetraacetic acid or ethylene dinitrilotraacetic acid (EDTA)
 - nitrilotriacetic acid (NTA)
 - monoethanolamine (MEA)
 - 2-butoxyethanol or ethylene glycol monobutyl ether (EGBE) or butyl cellusolve
 - 2-Methoxyethoxy ethanol or diethylene glycol monomethyl ether (DEGME)
 - Alkylphenol ethoxylates (APE)
 - Dibutyl phthalate (DBP)

Or use "Green Seal, EcoLogo" cleaning materials throughout property. http://www.greenseal.org/findaproduct/i&icleaners.cfm

http://www.ecologo.org/en/certifiedgreenproducts/?category_id=21#21

Describe which product brands are used and for which purpose.

glass cleaner:	☐2 Points
floor cleaner:	☐2 Points
bathroom cleaner:	☐2 Points
all purpose/ counter top cleaner:	☐2 Points
other:	☐2 Points
 ✓ Have a documented Standard Operating procedure for what gets disinfected and how it gets disinfected, ******Attach a copy of the written policy****** ✓ Use laundry detergents that are biodegradable, do not contain: 	☐2 Points
 Phosphates nonylphenol ethoxylate (NPE) or nonionic surfactants 	☐2 Points☐2 Points
laundry detergent:	
✓ Ozone washing machines (which use no hot water). Type and model:	☐10 Point
\checkmark Use of Professional Wet Cleaning for guest garment cleaning services (either on or off site).	☐2 Points
✓ Use of Professional Wet Cleaning for hotel cleaning services such as uniforms and linens (either on or off site).	☐2 Points

WASTE MANAGEMENT

✓ Distribute recycling bins throughout the lodging facility for use by the employees and guests in order to recycle soda cans, food cans, newspapers, glass, and plastics. Common areas only	
Common areas and guest rooms	☐2 Points
Describe recycling procedures. Who performs it, how often, can customers segregate waste:	∐5 Points
Paper	☐2 Points
Cardboard	
	☐2 Points
Glass	☐2 Points
Metal	☐2 Points
Plastic	☐2 Points
Television sets and how many?	☐5 Points
Mattresses are they recycled and if so who does it and how?	☐5 Points
Universal Waste (State Law)- required by Maine law	☐ in compliance
✓ Store fluorescent lamps and CRT's (computer monitors and televisions) stored in a central accumulation area. Send YEARLY to a consolidation or recycling facility. This is a LEGAL obligation for all businesses within the state of Maine. Points will be awarded with proof of proper disposal of this type of waste.	□need
DEP will provide you with free assistance to ensure your business is in compliance, if needed.	compliance assistance, please
Documented Standard Operating Procedure to ensure conformance with this legal obligation: ******Attach a copy of the written policy******	☐2 Points
Conformance to the initiative above is expected as it is a legal obligation for all businesses in Maine to dispose of Hazardous Waste and Universal Wastes properly.	

If you need further assistance complying with this law, please contact the Office of Assistance to assist you.

LANDSCAPING

✓State law.	□required
Notification to employees and customers (signage) if pesticide spraying has occurred.	шточаточ
For a reference to this state law see:	
http://www.maine.gov/agriculture/pesticides/chapter 26/index.htm	
✓ Practice integrated pest management (IPM) techniques to treat pest problems inside facility.	_
Describe pesticides used inside the building(s):	∐3 Points
✓ Use of Green Shield certified Pest contractor for IPM:	☐5 Points
Name of certified contractor:	
✓ Organic (non-chemical) fertilizers used when fertilizers are needed.	☐3 Points
✓ Vegetative buffers to protect water bodies (streams, ponds, lakes, saltwater, etc) from parking lots and driveways etc. Describe buffer zone and how it is maintained	☐2 Points
✓ Native species on grounds (need less water to maintain).	☐3 Points
✓ Automatic sprinkler systems with moisture sensors preventing sprinklers from coming on when it is raining or just after it has already rained. Should apply 1 inch of water per week in one or two waterings.	☐5 points
✓ No sprinkler system, hand watered only when needed	☐3 Points
Page Point total:	

MAINTENANCE

✓ Purchase paint products with "low" VOC or "no" VOC content.		
Interior Flat paint: less than 50 g/l VOC content		☐5 points
 Exterior Flat paint: less than 100 g/l VOC content Describe brand of paint and VOC content and percent purchased: How many gallons have been purchased or used? Interior: Exterior: 		☐5 points
✓Reducing impact from carpeting		
Dry carpet cleaning system		☐3 points
Non carpeted flooring for rooms.		☐3 points
Non carpeted flooring for common areas.		☐3 points
	Page point total:	

SWIMMING POOL AND SPA

✓Swimming pool or spa water treatment	
Use non-stabilized chlorine (no cyanuric acid) or bromine for indoor pool or spa Automatic chlorine or bromine feeder (alternative to inputting manually) Phosphate free shock or stain control chemicals Salt chlorine generator Phosphate control chemicals to reduce use of chlorine to improve air and water quality (Contact office of Assistance). Other:	☐2 Points ☐3 Points ☐3 Points ☐7 Points ☐5 Points
 ✓ Other swimming pool options • Insulated pool covering (thermal blanket) to keep heat in when not in use 	□3 Points
• LED lighting inside pool (A 70-watt LED fixture produces approximately the same amount of light as a 450-watt incandescent fixture, but with savings of nearly 85 percent in the amount of energy consumed. Initial capital costs are approximately double (\$500 per LED fixture, as opposed to \$250 for an incandescent), but the LED lights will provide 55,000 hours of light compared to 3,800 hours for an incandescent, so the changeover is well worth the investment.)	☐5 Points
Solar heating system for pool	□10 Points
Page point total:	

GUEST AND STAFF ROOMS

✓ Guests requests to have sheets changed in an effort to reduce energy use and	
detergent waste.	☐2 Points
• Every 3 nights	☐5 Points
More than three nights	
✓ Guests required to request to have towels changed in an effort to reduce energy use and detergent waste.	☐3 Points
✓ Use refillable amenity dispensers rather than individual containers for shampoo,	
conditioner, soap, lotion in guest rooms.	☐5 Points
• shampoo	_
shampoo and conditioner	☐10 Points
other: please specify	☐ Points negotiable
✓ Use amenities that:	☐1 Point
List all ingredients	_
Do not contain palm oil	☐1 Point
Do not test on animals	☐1 Point
Brand/ manufacturer:	
✓ Donate unused soap to Clean the World www.cleantheworld.org	☐3 Points
✓ Pillow card places on pillow signed by the cleaning staff about cleaning products used to clean room.	☐5 Points
 *******Attach a copy to receive points for this***** 	
 ✓ Donate unused toilet paper rolls instead of throwing away. ******Attach documentation to receive points for this****** 	☐2 Points

WATER CONSERVATION

✓ Any existing showerheads, faucets, and aerators that exceed these flow rates shall be on a schedule for replacement within 2 years. Toilets shall be replaced in conjunction with major room renovations. (Higher flow toilets may be exempt from the flow rate

requirement if the plumbing infrastructure will not adequately function with lower flow rates). ☐1 Points approx# of rooms: have 2.2 gpm faucets OR aerators installed in faucet: approx# of rooms:_____ have 1.6 gpf toilets; ☐ 1 Points ☐ 5 Points have 1.28 gpf toilets; approx# of rooms:_____ have 2.5 gpm showerheads. 3 Points Less than 2.5 gpm showerheads ☐ 5 Points **ENVIRONMENTAL EDUCATION** ✓ Maintain environmental information (display, brochure, etc) for guests and staff with current information on what your business is doing to reduce environmental impact. Can include tips and solicit suggestions from customers. ***This is separate from posting the environmental policy and from pillow cards*** □Up to 10 • Describe display: **Points** ✓ Collaborations with other businesses AND/OR encouraging other businesses to ☐3 Points become certified "Environmental Leaders" Per **business** Describe: √ Solicit guest feedback on environmental performance ☐5 Points Describe: Page point total:

KITCHEN and FOOD

 ✓ Purchase food grown from local farms as much as possible. Describe which farms or businesses are used and give an estimated percentage of local food that is purchased or percentage of food budget. 	□Up to 5 Points
For lodging businesses with restaurants: Participation in the state Environmental Leader restaurant certification will add an additional 5 points to your lodging certification. Please contact the Office of Assistance to assist you or download application at: http://www.maine.gov/dep/assistance/greencert/restaurant.html	□5 Points
✓ Establish a program to compost organic kitchen wastes for use as soil amendment in gardens or for farm animal feed.	☐5 Points
Where does it go? (Required to receive points)	☐2 Points
Reusable dishware and silverware (instead of Styrofoam) Paper "to-go" containers (instead of Styrofoam) Paper cups are preferred over plastic.	☐5 Points ☐1 Point ☐1 Point
 ✓ High Temperature (low flow) dish machine (as opposed to low temperature dish machines that use more chemicals). Must also be low flow. List type: ✓ Donate food to soup kitchen. Describe: ✓ Low flow pre-rinse spray valve for pre cleaning dishes (must be less than 1 gal/ min) ✓ Aerators on sinks in kitchen 	☐5 Points ☐2 Points ☐5 Points ☐1 Point
Page Point total:	

12

Energy

✓ Guest room lighting shall be energy-efficient (compact fluorescent bulbs to T-8 fluorescent) <u>OR</u> on a schedule for replacement with energy-efficient lighting. The first lights replaced shall include lights typically on for 24 hours (e.g., hallways, exit signs, lobby lights, etc.), followed by lights typically on for 8+ hours (e.g., restrooms, staff offices, meeting rooms, etc.). All indoor lights not currently energy-efficient shall be part of a 5-year replacement schedule. Lighting fixtures that are clearly historic in nature or specialty light fixtures (e.g., display or accent lighting) may be exempt from this requirement if compatible options are not available (incentives are available for this from Efficiency Maine).

95% to 100% of the property		
approx # of CFL's	Avg. CFL's per room	☐5 Points
50% to 95% of property approx # of CFL's	Avg. CFL's per room	☐3 Points
25% to 50% of the property approx # of CFL's	Avg. CFL's per room	☐1 Point
✓ Efficient products for lobby and hallw	ay lighting: Describe	□Up to 5 Points
# of CFL's		
low traffic and low occupancy areas (ensors shall be used for lighting and HVAC in e.g., back of the house, corridors, meeting oms, parking lots) (incentives are available for this	
# of exterior Locations:		□Up to 2 Points
# of interior Locations:		□Up to 2 Points
✓ Install high efficiency "Energy Star" a Efficiency Maine).	ppliances (incentives are available for this from	
90%- 100% of property 10% - 90% of property		☐2 Points
Describe types of products used a	and where	☐1 Point
✓ LED or electroluminescent exit signs approx #	through out 100% of the property.	☐3 Points

ENERGY continued.

✓ Low E or thermapane windows.	
95 - 100% of property	☐10 Points
75%- 95%	☐5 Points
50 - 75% of property	☐2 Points
✓ Vending Machines No outside vending machines	☐5 Points
Vending Misers on vending machines. approx #	□up to 5 Points
✓ Natural light substituting for electrical light, or use of the daytime dimming sensor (incentives are available for this from Efficiency Maine). Describe:	☐Up to 5 Points
✓ Hybrid vehicle for business.	☐10 Points
✓ Solar hot water system for domestic hot water (not pool).	☐50 Points
✓ Use solar panels or wind turbines to generate electricity.	□20-75 Points
✓ New boiler or furnace. Year installed:	☐5 Points
✓ Purchase zero emission electricity.	
http://apps3.eere.energy.gov/greenpower/buying/buying_power.shtml?state=ME	□Up to 50 Points
# of kilowatt hours Type of purchase (Renewable Energy Credits, Green Tags, Direct purchase)	
✓ Energy Management System	
Occupancy based, fully automated to set back to energy saving levels when unoccupied.	☐50 Points
With door switches	☐75 Points
✓ Contact Efficiency Maine for a : Walk Through Analysis (\$250)	☐3 Points
Energy Survey & Analysis (\$500)	☐5 Points
Scoping Audit (\$800)	☐10 Points

http://www.efficiencymaine.com/at-work/for-small-business/energy-audit-program

STORMWATER MANAGEMENT

✓ Written policy prohibiting discharges to storm drains and removing accumulated fluids from the parking lot	☐ 2 Points
✓ Storm drains stenciled identifying their drainage to water bodies	☐ 2 Points
✓ Facility has a outside trash receptacles:	☐ 1 Point
Number: ✓ Facility has cigarette butt disposal receptacle(s):	☐ 1 Point
Number: ✓ Storm drain catch basins in parking lot are cleaned out entirely on an annual basis Date of last cleaning:	☐ 5 Points
Next scheduled cleaning:	
Where is this information located and how is it communicated:	
✓Facility uses only dry cleaning methods (e.g. sweeping with a vacuum sweeper) to clean up or prevent the discharge of pollutants	
Four times per year Once per month	☐ 2 Points ☐ 4 Points
✓ Stormwater/polluted runoff management and/or structural treatment systems in place	
Catch basin insert (sponge for oils or grease) Absorbents (drop inlet pillows)	☐ 5 Points per unit
Tree box Porous Pavement Rooftop Greening Bio-retention (rain garden) areas Wet Ponds Installed infiltrators	☐ up to 10 Points per system

15

Estimated page point total:

OTHER INITIATIVES (points negotiable)

✓ Green Meetings and Conferences.	☐Points negotiable
✓ Other environmental certifications and awards.	☐Points negotiable
✓ What did we miss?? Do you have other activities or initiatives you feel you should be awarded points for?	☐Points negotiable
Use a separate sheet of paper if necessary and estimate how many points you feel it is worth.	
Add we refinte and anter the total	
Add up points and enter the total	Total Points

ADDITIONAL ASSISTANCE

Sample Policy Statements:

This is up to you as it really is a marketing question. From the DEP standpoint, we want you to have enough initiatives in place to reduce the business' environmental impact to demonstrate you are going about your efforts systematically rather than in an unorganized fashion. Short and sweet and to the point makes a great policy statement. Although, some businesses like to elaborate on their policy statement. This is fine too. Below are some examples of what other lodging businesses have done:

The Midway Country Lodging ENVIRONMENTAL POLICY

Certified by the state of Maine as an environmental Leader.

Our lodging practices include welcoming our guests while providing comfortable, home-like accommodations along with protecting and preserving our environment to the best of our ability.

The Blue Hill Inn Environmental Policy

The Blue Hill Inn enthusiastically supports the developing concepts of eco-tourism, sustainable triple bottom line business practices, and green lodging practices. The inn has been awarded the Environmental Leader designation in recognition of efforts made at the inn, including using environmentally friendly cleaning supplies and light bulbs, purchasing organic food and composting kitchen scraps, and recycling all waste possible.

The Inn By the Sea Environmental Policy

Luxury comes naturally at Inn by the Sea with a unique approach to hospitality inspired by our natural coastal surroundings. We are committed to both outstanding hospitality and environmental preservation. We strive to blend luxury, service and an exceptional guest stay with sustainability, minimizing the impact of hotel operations with of eco friendly initiatives and an appreciation of all things local.

Delectable dining at Sea Glass celebrates Maine fare, guests are surrounded by indigenous garden which provide food and habitat for wildlife, and our rooms are cleaned with non-toxic, Green Seal product. Room amenities are natural, in recycled bottles and displayed on recycled glass trays. Our sheet and towel program helps protect the endangered monarch butterfly. We safeguard the earth's resources through reforestation, energy and water conservation; we recycle and use post consumer paper products. Our cardio room has recycled rubber floors, our spa recycled sheet rock walls and bamboo towels, and we heat with the Inn with biofuel and the pool with solar panels. We recognize the value of our community by supporting local charities.

We are cautious not to sacrifice style or comfort in our commitment to guests to blend exceptional hospitality with environmental preservation. Ask the concierge for a complete list of our eco friendly initiatives at the heart of our culture at Inn by the Sea.

Preserve, protect and inspire.

Surrounded by the beauty of Maine's pristine coast, located on an unspoiled sandy beach, and adjacent to a wildlife sanctuary, Inn by the Sea has long been dedicated to protecting and preserving its natural environment. Recognized as a leader in the greening of the hospitality movement, the Inn is a designated Wildlife Habitat, one of the first hotels certified by Maine's Department of Environmental Protection as a "Green Lodging," and proud recipient of a Legislative Sentiment as An Environmental Leader.

Inn by the Sea takes eco-friendliness a step beyond its commitment to sustainable business practices by engaging guests with whimsical and educational classes to pass on the eco-friendly message. Weekly seminars and garden tours are offered on the Inn's 5 acres of indigenous seaside gardens, teaching guests how to plant for

wildlife, while children in bug costumes learn about their eco systems from a bug's view point in the summer "Bug's Life" series. The Inn helps environmentally-conscious couples plan unique *White weddings in green* and, for the corporate traveler, responsible green meetings.

Sample Commitment Letter	Sampl	le C	Commi	itment	Letter
--------------------------	-------	------	-------	--------	--------

ABC lodging business is participating reduce our environmental impact by signates.	in the State's Environmental Leader program. Please join us in trying to gning below:
	_
	-
	-
	_

etc, etc...add more lines if needed. Employees shouldn't be forced to sign, if some employees don't want to, that is fine, simply have as many that are willing to sign the letter and submit with your workbook

Energy and Resource Tracking (additional points!)

Business activity (has your business increased or decreased?)
Please enter a percentage (estimates are acceptable)_____%

riease enter a percer	nage (esti	nates are t	acceptable	//0					
Category	2001	2002	2003	2004	2005	2006	2007	2008	2009
	T								
Pounds (or yards) of waste***									
									_
Pounds or yards of recycled material***									
*** = Businesses may weight, try coming up estimation of how ful	p with your	own meth	od to dete	rmine amo	unts and d	escribe hov	w you do it,	, like makir	ng an
kWh of electricity used									
Gallons of fuel (oil) used									
Gallons of fuel(propane) used									
Cubic feet or Therms of natural gas used									
Gallons of water used									

Page Point total:

2 points awarded for data entered into a specific category as far as you can go back. A completed category requires 2009 and at least one other year filled in for comparison purposes.